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Institutional Publications

Peacock Press

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2014

## Peacock Press / June - September 2014

Naval Postgraduate School (U.S.)

Quality of Life Department, Naval Postgraduate School (U.S.)

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# Peacock Press

NAVAL SUPPORT ACTIVITY MONTEREY

QUALITY OF LIFE PROGRAMS • MONTEREY, CALIFORNIA

Find Out What There is to do!

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PEACOCK PRESS  
MWR Department  
Naval Support Activity Monterey  
1 University Circle  
Monterey, CA 93943-5000

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All phone numbers are in  
area code 831.



## NSA MONTEREY COMMUNITY EVENTS

Community Activities are available to all patrons and open to all hands. For more information about any of these community events, call 831-656-7955 or email [CommAct@nps.edu](mailto:CommAct@nps.edu)

### Game Night!

**Wednesdays, Jun 11, Jul 9, Aug 13 & Sep 10  
5-6 pm in the Trident Room**

Come by on Wednesday night, grab a drink and dinner and join MWR for Game Night. Each month there will be a different game including Trivia, BINGO, and Pictionary. Cost, free! Open to all hands. For more information, call 831-656-7955 or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu)



### MOVIES ON THE LAWN

**Fridays**

**June 13 & 27, July 11  
& 25, August 8 & 22**

Movies start at 9 pm or sunset,  
whichever comes first

Bring your family, blankets, snacks and join us outside the Tech Connection to watch movies under the stars. Also on these nights, between 7-9 pm, MWR will host a variety of kid-friendly entertainment on the lawn. All movies are family-friendly and available to all hands. For more information, call 831-656-7955 or e-mail [CommAct@nps.edu](mailto:CommAct@nps.edu)

Watch for these future Community Activities:

- October: Freaky Family Friday
- November: Pre-Thanksgiving Buffet
- December: Teddy Bear Tea/Army Navy Game

**Like NSA Monterey  
Community Activities  
on Facebook to  
stay in the know!**



## Welcome

### Welcome Back BBQ

**Thursday, July 10 • 4-7 pm**

Join us and make new friends in the **Trident Room** and out in the beautiful Rose Garden for a special summer evening of tender BBQ ribs, baked beans, potato salad, garlic bread, cookies and brownies. Price includes choice of one of our fabulous draft beers or a fountain beverage. Get your own mug down for additional savings.  
Children (10 & under): \$6.50  
Adults: \$13



# MONTEREY CLUBS & DINING

Check out   
Club Del Monte  
on Facebook!

## CAFÉ DEL MONTE

**831-656-7885**

Next to Dudley Knox Library.

Mon-Fri 6:30 am-3 pm /

Closed on federal holidays

- Breakfast Mon-Fri 6:30-10:30 am
- Lunch Mon-Fri 10:30 am-3 pm

Stop by Café Del Monte Mon-Fri mornings for a delicious Breakfast Burrito! Daily specials from around the world. Great prices! Quick service! Club Del Monte Daily Lunch Special Calendar can be found at <http://intranet.nps.edu>

## EL PRADO DINING ROOM .....831-656-2170

The El Prado Dining Room serves breakfast and lunch Mon-Fri. Closed on federal holidays.

- Hot Breakfast: Mon-Fri 6:45-9:15 am
- Ala Carte Breakfast: Mon-Fri 6:45-10:45 am
- Lunch: Mon-Fri 10:45 am-1:15 pm

The El Prado offers the best fresh salad bar on the Monterey Peninsula as well as a made-to-

order sandwich bar. Hot entrées, fresh soup and chili con carne are offered daily. Come in on Fridays for the house special, clam chowder.

## Family Night Out Pasta Dinner Buffet

**Friday, Jun 13 • 5-8 pm**

Join us for a fun evening in the El Prado with the whole family for a pasta dinner buffet. A special taste of Italian flavors are included in the menu with a fresh caesar salad, meat and cheese tortellini with roasted tomatoes and garlic cream sauce, spaghetti with meat sauce, cheese cannelloni with basil marinara sauce and sourdough garlic bread.

Adults: \$11 / Children (5-10 years): \$6



## TRIDENT ROOM .....831-656-7508

Herrmann Hall ground floor (Bldg. 220)

Open Mon-Sat. Check out our appetizers and dinner menu featuring fabulous healthy entrée selections in addition to the house favorites.

Join us for dinner tonight at the Trident Room!

- **Beverage Service:** Mon-Wed 4-9:30 pm, Thu-Fri 3-9:30 pm, Sat 4-9 pm



## Date Night

Join us **every Friday in August from 6-9 pm** in the Trident Room and bring that someone special

for a summer evening dinner of flame broiled ribeye steak, twice baked potatoes and sautéed asparagus. A special salad of fresh arugula, roasted sweet peppers and fresh beets served with virgin olive oil and balsamic vinegar is included. Only \$18.75!

## CATERING .....831-656-1049

Club Del Monte dates are still available for your office party, family reunion, or upcoming weddings. To book an upcoming event, call 831-656-1049 or email [mwrcatering@nps.edu](mailto:mwrcatering@nps.edu)

## Join us! Trident Room Dinner Specials

served Mon-Sat 4-9 pm in the Trident Room featuring:



### MONDAY

#### Seafood Cioppino

with scrumptious shrimp, calamari, crab, mussels and garlic bread.

Adult: \$16.75

Child (5-10) \$8.50

### TUESDAY

#### Prime Rib Night

moist & tender prime rib with au jus accompanied with horseradish, baked potato and sautéed fresh vegetables.

Adult: \$18/ Child (5-10): \$8.75

### WEDNESDAY-SATURDAY

#### Chef's Specials!

Join us for the Chef's freshly-prepared special selections.

Call the Trident Room at 831-656-7508 after 4 pm for details.

## There's a new store calling your name.

Check out our latest location.

Naval Postgraduate School  
Dudley Knox Library

Monday-Thursday • 6:30 am-7:00 pm  
Friday • 6:30 am-4:00 pm  
Saturday & Sunday • 8:30 am-3:00 pm

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## LIBERTY PROGRAM

Liberty Information..... **831-656-7955**

Liberty events are open to all single and unaccompanied enlisted sailors assigned to NSA Monterey and tenant commands.

For more information, email [Liberty@nps.edu](mailto:Liberty@nps.edu)





# NPS SAILING ASSOCIATION

**Learn to Sail!** - Rent a Santana 22-ft sailboat for only \$25! Sail with a group on Monterey Bay for only \$10/person! Race with us on 30 foot Shields in regular races on the Bay!

**Sailing Classes** - No experience necessary. Earn a Navy "B" keelboat skipper qualification, recognized at MWR Marinas worldwide. NPSSA Membership required. Email LT Jack Fine at npssa.vc.training@gmail.com for details. Cost..... \$100

**NPSSA Membership** is open to NPS students, faculty, staff and local DOD personnel. Cost is \$50/year and covers the member and immediate family. Email LT Reid Smythe at npssa.commodore@gmail.com for an application or to be added to the email distribution list.

**Sailboat Rental** - All skippers must complete a check sail through NPSSA and pass a written exam. Group sail participation is normally required prior to requesting a check sail. Email LT Jack Fine at npssa.vc.training@gmail.com to schedule a check sail. Rental Cost ..... \$25/half or \$50/whole day

**Group Sails** are offered several times per month and led by an experienced skipper. Designed to help you brush up on your sailing skills. Novices welcome! Email LT Jack Fine at npssa.vc.training@gmail.com Cost \$10/NPSSA member or \$25/non-member



*Set Sail!*

*Do something different!*

## FLYING CLUB

Did you always want to learn to fly?  
Are you a pilot, but figured you just couldn't fly during your time in Monterey?  
Want to see Monterey from a different perspective? Our fleet of training and pleasure aircraft are available at reasonable rates. We have a T-34B Mentor for more advanced pilots or adventurous tourists.

If you need instruction, our professional flight instructors are available to meet your schedule. Experienced pilots share the joy of flight with you (and some of the costs, of course!). Aircraft and facilities available 24/7 to club members. Visit [www.montereynavyflyclub.com](http://www.montereynavyflyclub.com), or email [mnfc@nps.edu](mailto:mnfc@nps.edu)



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Or visit: [www.rjwrlty.com/nps.php](http://www.rjwrlty.com/nps.php)

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RJWRLTY





# MONTEREY PINES GOLF COURSE

**831-656-2167**

Open daily 6:30 am-7 pm

Monterey Pines Golf Course offers area golfers the best value for golf on the Monterey Peninsula. Superb course conditions year round make a golf round a memorable experience. Special fees are offered for Active Duty Officers, Enlisted Active Duty, retired military and Department of Defense staff. The eighteen-hole course offers a challenge to all levels of golfers. Playing at 5,700 yards, the layout puts a premium on accuracy without overwhelming the golfer with length. Undulating greens and lakes come into play on several holes and make the course challenging to all skill levels.

Our practice facility includes a driving range, chipping green with bunker and a large putting green. These are available daily to hone your golf skills and prepare for a round of golf at one of the Navy's finest golf facilities.



For those interested in participating with other golfers in friendly competition, we have several groups for your consideration - the Monterey Pines Golf Club, a Ladies Golf Association and the Monday Niners Golf League. The Monterey Pines Golf Club hosts monthly tournaments played on the second Saturday of each month. The Club Championship is scheduled for Aug 9 & 10 and the Tournament Players Championship is on Sep 13 & 14. The Ladies Golf Association plays every Wednesday with tee times beginning at 8:30 am.

**Monterey Pines Driving Range**, chipping and putting greens are open daily for practice. Practice balls are available for \$4 (35 balls) and \$7 (70 balls). Discounts up to 30% are available with the purchase of a Range Key.

## **Save on Range Balls with the E-Range Pre-Pay Plan:**

- 30% discount with \$100 purchase
- 20% discount with \$50 purchase
- 10% discount with \$25 purchase



**GOLF SHOP** ..... **831-656-2167**  
Open daily 6:30 am-7 pm

The Monterey Pines Golf Shop offers everything you need to golf like a pro! Golf apparel, equipment, competitive pricing and demo clubs give you the opportunity to "try before you buy". We also have PGA Golf professionals available who can design golf instruction for individual and group lessons. Call Sam Jepsen or Neil Larkin at 831-656-1087 for details!

**Golf Shop Special:** Monterey Pines Logo Shirts 50% OFF

**THE MONTEREY PINES GRILL & BAR** ..... **831-656-7799**  
Open daily 7 am-7 pm

The Monterey Pines Grill & Bar offers an excellent selection of breakfast, lunch or early evening beverages or snacks. Our facility has a full service bar, "FREE" Wi-Fi, flat screen TVs and private banquet room, ideal for meetings, seminars or special events. To reserve our meeting room for your next business or civic meeting, contact Tim Fisher at 831-656-7799.



*Monterey Pines*  
GOLF CLUB



## Monday Niners Golf League

**Weekly 9-hole tournaments**

All NSA Monterey students, faculty and DOD support staff are eligible to participate. Spouses and friends are also welcome to join you in these weekly events. Tournaments begin with a 5 pm Shotgun Start. Registration for each tournament may be made until Noon on the day of play. (Earlier registration, up to a week in advance, is encouraged and appreciated.) Players need to arrive and pay entry fees in the golf shop no later than 4:30 pm to ensure a prompt start.

The weekly tournaments are individual events with a format of Individual Stroke Play using the Point Quota System for scoring. Individuals/Teams that score highest in relation to their quotas are the winners. Sign up individually and be paired by the golf staff or as a twosome, threesome or foursome. For scoring purposes, teams will be drawn in the Clubhouse after play is completed while players enjoy light appetizers and a no host beverage of their choice. Gift Certificates will be awarded to the Individual and Team winners. An optional Skins Game and closest to hole will be a part of each event. Contact the Golf Shop at 831-656-1087 to register. Entry fee .....\$30  
(includes green fee, cart fee & prize fund)

## Annual Captain's Cup Friday, July 25

Registration at 7 am, Shotgun start at 8 am. Tournament is a 4-person scramble. Winners get their name engraved on the Captain's Cup Trophy. Sign up individually or as a team.

**Entry fee:**

\$60 for military/DOD

\$65 for civilians

*Price includes all golf fees, tournament prizes and a fine buffet at the awards presentation after the tournament.*



MWR FITNESS & SPORTS CENTER  
Bldg. 208 ..... **831-656-3118**  
Email: [FitnessC@nps.edu](mailto:FitnessC@nps.edu)  
Mon-Fri 5:30 am-8 pm  
Sat 8 am-4 pm / Sun 11 am-4 pm  
Closed all federal holidays.

Fitness & Sports Center Summer Break Hours  
June 23-July 4:

- Mon-Fri: 7 am-7 pm
- Sat: 8 am-4 pm / Sun: 11 am-4 pm

(Group exercise classes are not available during the summer break)

### Fitness Membership

Active duty, reservists, retirees and their family members and DOD civilians are eligible for a **FREE** membership.

#### Daily Fitness Membership Fee

Military/Family Members/DOD/NEX ..... **FREE!**

Contractors/Guests/DOD Family Members... **\$3**

#### Monthly Membership Fee

Contractors/DOD Family Members ..... **\$25**

#### Six-Month Membership Fee

Contractors/DOD Family Members ..... **\$138**

#### Annual Membership Fee

Contractors/DOD Family Members ..... **\$250**

### Active Duty Appreciation

**Mon-Fri • 10 am-1 pm** - Meet with your Fitness Specialist and get a free body fat assessment. Appointments required.

**Equipment Orientation** available on a walk-in basis. Questions about a machine or how to use a program on the cardio equipment? Stop by the front desk and ask any of our Navy Fitness certified staff to maximize your time at the gym.

**Personal Trainers** - Are you frustrated with your workout routine? Are you seeing the results you'd like to see? Not sure where to start? Let one of our Personal Trainers help you achieve your goals. Cost effective & fun.

- Half-hour session ..... **\$20**
- Hour session ..... **\$40**
- 6 one-hour sessions ..... **\$225**
- 10 one-hour sessions ..... **\$350**

*By appointment only.*

### Fitness Improvement Tips!

Feel like your program isn't working for you? Not seeing improvements? Let our Fitness Specialist design a fitness program that works for you. Free for Active Duty.

### Navy Operational Fitness And Fueling Series (NOFFS)

is designed to provide the Navy with a "world-class" performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training

while yielding positive human performance outcomes. The exercises used in the NOFFS product are designed to replicate the activities Sailors conduct in their operational duties; lifting, pushing, pulling and carrying. Developed as a complete fitness package, the Fueling aspect of this resource provides Sailors with the tools required to make healthy nutrition choices in both shore-based and operational environments. Free to all MWR patrons.

### FITNESS CLASSES

#### Zumba Classes

**Mon 4:30 pm**

**& Thu 6:45 pm**

Ditch the workout and join the party! Join our energetic instructors in this 50-minute fusion of cardio, hip-hop, salsa and aerobics blending hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.



#### FEP (Military) Fitness Enhancement Program

**Tue, Wed & Thu • 6:30 am**

If you want to improve your PT score, join us for a good workout with a certified CFL instructor.

**Bodypump - Tue • 4:30 pm** at the Group X Studio. This class is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

**Cycling Class - Wed • 5:30 pm** Motivating indoor cycling class designed to offer a non-impact, high intensity, cardio workout to all participants from beginners to advanced riders. Includes music, a warm-up, cool down and stretching.

**Yoga - Tue & Thu • 5:45 pm**

Yoga uses slow movements, strength and stretching to increase flexibility and balance.

### SPORTS CLUBS & LEAGUES

Sign up at the Fitness & Sports Center front desk. Must be 17 and out of high school, have a valid CAC or military ID to participate. For more information, contact 831-656-3118 or email [FitnessC@nps.edu](mailto:FitnessC@nps.edu)

#### Judo Club

- Beginners - **Mon, 6:30-8 pm**
- Intermediate/Advanced - **Wed 6:30-8 pm**

Judo classes meet at the Fitness & Sports Center. 12-week Beginners course starts the first week of each academic quarter. No previous experience required. Intermediate/Advanced sessions for those who have completed the Beginners course, experienced Judoka, or with instructor permission. Olympic and Kodokan style Judo; Tournament & recreational Judo; Improve your physical fitness while learning a new sport.

*NOTE: Participant must become a member of the United States Judo Federation, Inc. Membership is \$50/year. Application available at the Fitness & Sports Center front desk.*



#### Women's Tennis Club

**Mon-Fri 9:30 am-Noon**

at the pool courts adjacent to the Fitness & Sports Center across from Lake Del Monte. All levels and abilities are welcome. Dues

paying members of the Club may participate in inter-club match play against other Ladies' Clubs on the Monterey Peninsula. Hope to see you on the courts! For more information, call 831-915-4625.

#### Volleyball League

begins **Tuesday, Jul 15.**

Games played at 5:15 pm on Tuesdays at the Fitness & Sports Center. Teams consist of 6-14 players.

**Rosters are due to the Sports Coordinator by Jul 10.**



# Play Ball!

## Softball League

begins **Monday, Jul 21.**

Games begin at 5:15 pm on Mondays & Wednesdays only

at the Sparks Field. Teams consist of 8-15 players.

Open to all hands!

**Rosters are due to the Sports Coordinator/Sports Assistant by Jul 11.**

For information, call 831-656-3118 or email: [FitnessC@nps.edu](mailto:FitnessC@nps.edu)





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## INFORMATION, TICKETS & TRAVEL



Herrmann Hall  
(Bldg. 220, Rm 131) ..... **831-656-3223**  
Mon-Fri 10 am-3 pm. Closed weekends and federal holidays.

*The Information, Tickets, and Travel (ITT) Office has all you need to learn about what there is to do in the local area. Discounted tickets for area tours, attractions, museums, amusement parks, seasonal attractions and more; and numerous hotel vouchers and car rental vouchers are also available. Stop by and pick up some free brochures and get the fun started today! For more information, call 831-656-3223 or email itt@nps.edu*

**GoCards** - Are you going out of town? Check out these various Go Cards to have a great experience on your trip! Available for Los Angeles, San Diego, San Francisco, New York, Oahu and Orlando. See ITT for details & prices.

*Be on the lookout for these discounted tickets:*

<b>Gilroy Garden</b> .....	\$24
<b>Universal Studios Season Pass</b> .....	\$70.50
<b>Six Flags Discovery Kingdom (SF)</b> .....	\$38.50
<b>Cinemark Concession Supersaver</b> .....	\$6.50

### Monterey Fairgrounds

19TH Annual Monterey Bay Reggae Fest.....	Aug 8-10
57TH Annual Monterey Jazz Festival .....	Sep 19-21

### Superbike World Championship (Jul 11-13)

3-Day General Admission (Fri-Sun) .....	\$53
2-Day General Admission (Sat-Sun).....	\$46
Friday General Admission .....	\$16
Saturday General Admission .....	\$23
Sunday General Admission.....	\$31

### Gilroy Garlic Festival (Jul 25-27)

General Admission .....	\$15.50
1-Day Admission Senior/Child .....	\$7
Combo Plate Admission Adult .....	\$27
Combo Plate Admission Senior/Child .....	\$18
Gourmet Alley Meal (All Ages).....	\$11.50

### Monterey Motorsports Reunion (ROLEX) (Aug 15-17)

3-Day Admission & Paddock (Fri-Sun).....	\$99
2-Day Admission & Paddock (Sat-Sun) .....	\$84
Friday Admission & Paddock.....	\$38
Saturday Admission & Paddock.....	\$61
Sunday Admission & Paddock .....	\$46

**See's Candies** ..... 1 lb./" \$14.75



NSA Monterey ITT  
is on Facebook.  
Like "Naval Support  
Activity Monterey ITT"  
to stay in the know!



## ITT Leisure Fair

presented by JP General Construction and MWR

**Tuesday, July 8 • 11 am-1 pm**

**in front of the Dudley Knox Library & Ingersoll Hall**

Visit over 60 vendors to find out what there is to do locally and throughout California! Free and open to all hands! For more information, call 831-656-3223 or e-mail itt@nps.edu





Child and Youth Programs (CYP) are provided for children ages 6 weeks to 17 years in state-of-the-art facilities within walking distance of La Mesa Village. The La Mesa Elementary School is right next door to the Child Development Center and up the street from the Tech Connection. Open to Active Duty military, reservists in Active Duty status, and DOD civilians on a space available basis. For more information, call 831-656-2734 or email CDCAdmin@nps.edu. Request for childcare is available online at [www.navymwr.org](http://www.navymwr.org).



# CHILD & YOUTH PROGRAMS

## Parent's Night Out

**Friday, Aug 15 • 6:30-11 pm** - Sign-ups begin at 7 am on Monday, July 21 at the Child Development Center. Don't miss out on a free evening of care! Reservations are limited by age group, so sign up early!

## Missoula Children's Theater

**Jul 28-Aug 2 (Registration: Jul 1-25)**

Back by popular demand, NSA Monterey Child and Youth Programs are hosting the internationally renowned Missoula Children's Theater for the production of "Rapunzel." This experience is open to children who have completed kindergarten through high school and are registered with NSA Monterey Child and Youth Programs. Daily tryouts and rehearsals begin on Jul 28 (location to be announced), either morning or afternoon sessions, depending on assigned cast role. There will be both a matinee and an early evening performance on Saturday, Aug 2. With roles and assigned duties for up to 60 children, this is an outstanding opportunity for your child to participate in the overall production. For more information, call 831-656-2127.



**Hourly Care** spaces are available at both the Child Development Center and the Tech Connection School Age facility. Although spaces are limited, we encourage parents to be aware of the availability. Reservations can be made up to 30 days in advance; cost is \$4 per hour. Call 831-656-2734 for CDC information/availability and 831-656-2127 for Tech Connection information/availability.

## Tech Connection Teen & Youth Center Summer

**Hours:** (Grades K-12) Building hours are 8:30 am-6 pm (during summer/school breaks, the building is open from 7 am-6 pm for School Age Care).

## CHILD DEVELOPMENT CENTER ..... 831-656-2734

Located at 2 La Mesa Way, Bldg 439 La Mesa Village next to La Mesa Elementary School.

Open Mon-Fri, 7 am-6 pm for full-time care. Closed all federal holidays. For children ages 6 weeks-5 years, the Child Development Center in La Mesa Village is the place for you. For more information, call 831-656-2734 or email CDCAdmin@nps.edu

## Parent/Teacher Conferences

**Jun 9-20.** Dates and times will be determined by the classroom. See your child's teacher for more information and to sign up for a conference time.

## Father's Day

### Ice Cream Social

**Friday, Jun 13 • 3 pm.**

This event will be held in the courtyard of the Child Development Center. We hope to see you there!

## Planned Parent Education Opportunities

- **Jul 8, 6-8 pm** at the Tech Connection: Developmentally Appropriate Holiday Celebrations in Child and Youth Programs
- **Jul 18, 11:30 am-12:30 pm** at Fleet and Family Support Center: Ages and Stages: Get on the Surfboard and Ride the Waves
- **Sep 19, 11:30 am-12:30 pm** at the Tech Connection: Understanding "Creative Curriculum"

## First Day Of Part Day Preschool!

The first day for Part Day Preschool will be **Monday-Tuesday, Aug 11-12.**

## Parent Involvement Board Meeting

**Friday, Aug 15, 12-1 pm** at the Tech Connection.

## TECH CONNECTION TEEN & YOUTH CENTER (Grades 6-12) ..... 831-656-2127

La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Mon-Fri 3-7 pm

**Teens** (Grades 6-12) - Open Mon, Tue, Thu, Fri 4-6 pm & Wed 2-6 pm, School Break Hours 12-6 pm daily Meet military and DOD youth in a fun and relaxing environment! Get connected with your local community and participate in activities. Weekly programs in athletics, arts & crafts, education & technology, leadership, and life skills; our staff would love to show you around and tell you about our programs. Join the fun!

**Before/After School Care Programs** active throughout the school year. Offer enriching after-school activities incorporating Boys & Girls Clubs of America and 4H curriculum, to include: fine arts, technology, health & life skills, leadership, education and fitness. To register, go to <http://navymwr.org>; click on "CHILD & YOUTH PROGRAMS" and fill out "Request for Care."

**SAC Summer Camp!** The first day of SAC summer camp is **Monday, Jun 9.** Registration is priority based so don't wait to join; register online at <http://navymwr.org>! Cost is based on total household income.

During the summer we participate in the **Summer Reading Program** - take trips, have fun and make friends! To be eligible for our Summer Camp, children must have been in Kindergarten-5th grade for the 2013/2014 school year. If you have any questions, visit us or call 831-656-2127.

## Back To School Event & BBQ

**Friday, Aug 1, 3:30 pm** at the Tech Connection

## BGCA Day of Play - Saturday, Sep 20

**10 am-2 pm** at the Tech Connection - Join us for different gross motor activities and outdoor family fun.

## YOUTH SPORTS & CLASSES

### First Tee Golf Program (begins in September)

**Mon-Tue • 3:45 pm** - Young people are introduced to the First Tee (Military Affiliate Program for ages 7-17) through Life Skills experience, a character education curriculum developed by experts in the field of positive youth development. Classes are taught by Certified First Tee Instructors. Sign up at the Tech Connection today! Registration is ongoing. Cost ..... Free



**Ballet** (ages 3-10) - **Tuesdays** at the Tech Connection Registration is ongoing. Classes are 4 and 6-week sessions. Minimum of three students in each class to run. Sign up and pick up class schedules at Tech Connection. Participants must re-enroll at the beginning of each month. Cost .....\$48-\$72  
(depending on number of weeks in session)

**Mesa Taekwondo** (ages 7 & up)  
**Tue & Thu • 4:30-5:15 pm for Beginners;  
5:15-6 pm for Intermediate & up**  
Parent & Child Classes - Join us in learning one of the oldest forms of unarmed self-defense. Through participation in these exercises, you will gain confidence and respect for martial arts. Monthly classes are ongoing. Participants must re-enroll for Taekwondo at the beginning of each month. For more information, call 831-656-2127 or email cpnorton@nps.edu

**Soccer** (ages 4-14) Register at the Tech Connection, mid-May through end of June. Children are introduced to the fundamentals of soccer to promote camaraderie and sportsmanship. Season is from mid-August to end of October. Contact our Youth Sports Coordinator, Cameron Norton, with questions via email cpnorton@nps.edu or by calling 831-656-2127.

**Youth Sport Coaches Needed!**  
Child and Youth Programs is looking for positive and dedicated coaches. Volunteer coaches are always needed for sports programs. Stop by the Tech Connection to receive a coaches' packet today!

## SCHOOL LIAISON OFFICER (SLO)

located on the second floor of the Fleet & Family Support Center, Bldg 2, 1280 Leahy Rd., La Mesa Village. .... **Office: 831-656-1008**  
Local SLO is Leslie Flynn, M.A. Iflynn@nps.edu

Your SLO is the primary link between the military family and the local school system. It is our goal to help you find the information you need to make informed decisions regarding your child's education. SLO provides information to parents and the local school system, to facilitate an interactive relationship enabling families to make better decisions about their child's education and personal growth.

### Kindergarten Enrollment 2014-2015

- All children must be age 5 on or before Sep 1 for the 2014-2015 school year.
- Children who turned age 5 between Sep 2 and Dec 2 are eligible to apply for Transitional Kindergarten.
- Remember to bring Birth Certificates, Physical Exam, Immunization Records, & Proof of Residency.
- If you are temporarily housed at NGIS or the Navy Lodge, bring your room receipt as Proof of Residency.
- An Oral/Dental Exam must be completed during the school year but is not needed at time of enrollment.

**Homeschooling in Monterey?** Register with a public school, private school, public charter school, correspondence course, virtual academy, or file an R-4 affidavit with the state. Contact your SLO for assistance.

**Guide To Military Friendly Schools** - Stop by the FFSC and pick up your free copy today, or log onto [www.militaryfriendlyschool.com](http://www.militaryfriendlyschool.com). College shouldn't be a budget buster. Find out which schools participate in the Yellow Ribbon Program and where you can make the best use of your child's tuition money.

**Breakfast for Your Brain "Youth Tutorial Program"** Most Saturdays 9-11 am at the NPS Dudley Knox Library. The National Naval Officers' Association Monterey Chapter is offering free tutoring in all subjects for military and civilian students grades K-12. Volunteers (adults and high school age) welcome. To register, go to [bfbnnoa@gmail.com](mailto:bfbnnoa@gmail.com).

**Youth Sponsorship** Did you know there are support groups available for your children? Transitioning from place to place can be stressful and confusing for many military children. Support is available. Both La Mesa and Walter Colton Schools offer a Military Youth Sponsorship Club. Meet other children who can relate and understand the stressors of being a military child. Contact your SLO with any questions.

**Student To Student at Monterey High School** is a program designed to help your high school student transition into their new learning and social environment. Monterey High School has a wonderful program that provides support, friendship and knowledge about your child's new school. Contact your child's school counselor or your SLO for more information.

## See Grins RV & Roadtrek Are Proud to Support the Military

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Main Line: 831-656-3060  
Sexual Assault  
Prevention Response  
Hot Line: 877-995-5247  
Appointments: 1-866-923-6478

*The FFSC supports the military by providing a wide range of services and assistance that respond to personal and family needs that positively impact the quality of life for our service members and their families. Classes are free of charge. Space is limited. Call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. Childcare is available, however, must be arranged no later than 5 days prior to class date. For more information, call 831-656-3060. Volunteer opportunities are available!*

**FFSC Office Locations:**  
**La Mesa Village**  
1280 Leahy Rd  
Mon-Fri 8 am-4:30 pm

**Herrmann Hall** - Bldg 220  
2nd Floor West Wing (Room 157)  
Counseling Services available by appointment.

Available by appointment:

- Resumé and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

## FAMILY & LIFESKILLS

### Couples Communication

Mon, Jun 16, 3:30-5 pm  
Mon, Jul 7, 3:30-5 pm  
Mon, Aug 11, 3:30-5 pm  
Mon, Sep 8, 3:30-5 pm

### Military Basics for New Spouses

Tue, Jun 17, 10-11:30 am  
Tue, Jul 8, 10-11:30 am  
Tue, Aug 12, 10-11:30 am  
Tue, Sep 9, 10-11:30 am

### Suicide Prevention Awareness

Tue, Jun 24, 10-11:30 am  
Tue, Jul 15, 10-11:30 am  
Tue, Aug 19, 10-11:30 am  
Tue, Sep 16, 10-11:30 am

## Stress/Time Management Techniques

Mon, Jun 23, 3-4:30 pm  
Mon, Jul 14, 3-4:30 pm  
Wed, Aug 20, 10-11:30 am  
Mon, Sept 15, 3-4:30 pm

## Responsible Anger Management

Thu, Jun 19, 10-11:30 am  
Thu, Jul 17, 10-11:30 am  
Thu, Aug 14, 10-11:30 am  
Thu, Sep 18, 3-4:30 pm

## EMPLOYMENT

### Job Search Strategies

Tue, Jun 10, 9-11 am  
Tue, Sep 9, 9-11 am



### Interviewing Skills

Thu, Jun 12, 4-6 pm  
Thu, Jul 10, 4-6 pm  
Thu, Aug 7, 4-6 pm  
Thu, Sep 11, 4-6 pm

### Resumé Writing

Thu, Jun 19, 4-6 pm  
Thu, Jul 17, 4-6 pm  
Thu, Aug 14, 4-6 pm  
Thu, Sep 18, 4-6 pm

### Federal Employment System

Tue, Jun 3, 9-11 am  
Thu, Sep 4, 9-11 am

## FINANCIAL MANAGEMENT

### Million-Dollar Sailor

Saturdays, 8 am-4 pm  
*Call to schedule specific dates.*

### Car Buying Strategies (New/Used)

Tue, Jun 24, 10 am-Noon  
Sat, Jul 19, 1-3 pm  
Tue, Aug 12, 10 am-Noon  
Tue, Sept 23, 10 am-Noon

### Basic Savings and Investment

Thu, Jul 24, 1-3 pm

### Credit Management

Wed, Aug 6, 1-3 pm



### Investment and Saving II

Wed, Jun 4, 1-3 pm  
Wed, Jul 16, 1-3 pm  
Wed, Aug 13, 1-3 pm  
Wed, Sep 10, 1-3 pm

### Preparing a Personal/Family Budget

Fri, Jul 11, 1-3 pm

## Home-buying Seminar

Fri, Jun 13, 1:30-3:30 pm  
Fri, Sep 19, 1:30-3:30 pm

## RELOCATION

### Smart Move (Transferring/PCS)

Thu, Jun 26, 2-3:30 pm  
Thu, Jul 31, 10-11:30 am  
Wed, Aug 27, 10-11:30 am

## DEPLOYMENT

### Pre-Deployment/Mobility Briefing

- Fri, Jun 27, 1-3 pm

### Mid-Deployment/Mobility Briefing

- Fri, Jul 25, 1-3 pm

### Post-Deployment Return & Reunion

- Fri, Aug 29, 1-3 pm

### IA Spouse Discussion/Support Group Meeting

Wed, Jun 11, 11 am-Noon  
Wed, Jul 9, 11 am-Noon  
Wed, Aug 13, 11 am-Noon  
Wed, Sep 10, 11 am-Noon

## TRANSITION ASSISTANCE PROGRAM

### Transition GPS (Goals, Plans, Success) Workshop

Mon-Fri, Jun 23-27, 8 am-5 pm  
Mon-Fri, Jul 21-25, 8 am-5 pm  
Mon-Fri, Aug 18-22, 8 am-5 pm  
Mon-Fri, Sep 22-26, 8 am-5 pm



### Transition GPS (Goals, Plans, Success) - Capstone Workshop

Wed, Jun 11, 1-4 pm  
Wed, Jul 9, 1-4 pm  
Wed, Aug 27, 1-4 pm

### Transition GPS (Goals, Plans, Success) - Entrepreneurship Workshop

Mon-Tue, Jul 14-15, 8 am-4 pm

### Transition GPS (Goals, Plans, Success) - Higher Education Workshop

Mon-Tue, Jun 30-Jul 1, 8 am-4 pm  
Mon-Tue, Sep 29-30, 8 am-4 pm

### Transition GPS (Goals, Plans, Success) - Technical Workshop

Mon-Tue, Jun 9-10, 8 am-4 pm  
Thu-Fri, Sep 11-12, 8 am-4 pm



## COMMAND SPECIFIC PROGRAMS: SEXUAL ASSAULT/ DOMESTIC VIOLENCE SAPR Advocate Refresher Training

Fri, Jul 11, 9 am-Noon  
Fri, Aug 15, 9 am-Noon  
Fri, Sep 19, 9 am-Noon

## SAPR Advocate Initial Training

Mon-Fri, Jun 16-20, 8 am-4:30 pm

## FOR COMMAND APPOINTED PERSONNEL:

The following are also available upon request

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Command Financial Specialist Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor Training

## PARENTING EDUCATION

### Parenting Education

Available upon request, tailored to your needs

### New Parent Support Home Visitor Program - Infant Massage

Classes: Every Fri, Jul 11-Sep 26. 10-11 am at the Fleet and Family Support Center. Bring your baby and two receiving blankets. The New Parent Support Program will supply everything else you will need. Infant Massage has numerous health benefits and is an excellent way to connect with your baby. This is open to all active duty military, military families and retirees. For more information or to register for the class, call Tricia Williams at 831-656-1092 or email pswillia@nps.edu

## Gold Star Mothers' Day

Naval Support Activity Monterey will be honoring Gold Star Mothers and Families by observing a moment of silence during religious services on **Sunday, Sep 28**. Additionally, Child and Youth Programs, School Liaison Officer and the Fleet and Family Support Center will host a youth poster contest in the month of September honoring the sacrifice of Gold Star Families. Top poster entries will be displayed in Herrmann Hall the week of Sep 22-26.

Join us in paying special tribute to mothers who have lost a son or daughter serving in the Armed Forces. For the latest information on the Navy Gold Star Family Initiative, visit <https://www.facebook.com/NavyGoldStar>. For more information on local initiatives, call 831-656-3060.

## OUTDOOR RECREATION

Presidio of Monterey, Bldg 228,  
Lewis Hall ..... **831-242-6133/5506**  
Open Mon-Fri 9:30 am-2 pm & 3-6 pm  
[www.pom-fmwr.com](http://www.pom-fmwr.com)

The Presidio of Monterey Outdoor Recreation Center offers extensive summer programs, hands-on training, trips and more! Rental equipment is available for camping, skiing, boating and fishing. Vacation rentals are a short distance away from South Lake Tahoe where patrons can enjoy condominiums and cabins.

## NAVY LODGE

1100 Farragut Rd, Monterey

Open daily..... **831-372-6133**

Open to all Active Duty military members and their families, retired military, reservists, DOD personnel, International military, U.S. Public Health Service, Red Cross, and the National Oceanic and Atmospheric Administration. Spacious and comfortable rooms with fully-equipped kitchenettes, located within walking distance to the Housing Welcome Center, La Mesa Elementary School, NEX Mini-Mart and the Family Service Center. Only a short drive to the NPS, NEX, MWR Fitness & Sports Center, Presidio of Monterey and the Monterey U.S. Coast Guard Station. Free Seattle's Best Coffee in our guest rooms/lobby and free daily newspapers. Free "Breakfast to Go" available daily from 6-9 am. Navy Lodges also offer a limited number of pet-friendly rooms at a nominal fee. Call the Navy Lodge Central Reservation Center at 1-800-NAVY-INN (800-628-9466).



## MONTEREY PINES RV CAMPGROUND

Located on Fairgrounds Road at Garden Road by the Monterey County Fairgrounds.  
Open daily. .... **831-656-7563**

Located deep within the serene Monterey Pines Recreation Complex, Monterey Pines RV Campground is OPEN YEAR ROUND to all active duty, reservists, retirees, family members and DOD civilians. 29 full hook-ups, 8 partial hook-ups, bathhouse and coin-op laundry facilities. Visa/Mastercard accepted.

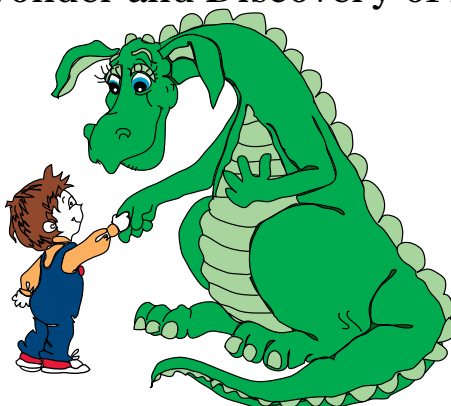


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Call Monterey Pines RV Storage  
for more information and fees  
at 831-656-7563.**



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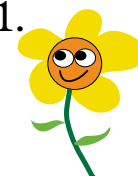
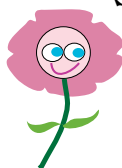
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Morale, Welfare and Recreation Department  
Naval Support Activity Monterey  
1 University Circle, Monterey, CA 93943-5000



## MOVIES

**FREE Movies** are shown every Wednesday at 6 pm in the El Prado Room. Grab a bite from the Trident Bar and enjoy a movie. For more information, call 831-656-7955, email CommAct@nps.edu or movie listings online: <http://navylifesw.com/monterey/movies/>

CHECK OUT MWR'S WEBSITE! <http://navylifesw.com/monterey/>

## WHETHER ON *business* OR AT *leisure* THINK **NAVY GATEWAY INNS & SUITES**

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